

# SMALL TALKS, BIG IMPACT PREVENTION STARTS AT HOME

Talk, They Hear You



1

## Frequent, informal talks build trust

Instead of one "big talk," have brief, casual conversations during daily routines like dinner, drives, or after practice. These frequent check-ins build the strong, trusting relationships teens need to resist substance use.

2

## Summer Surge: escalated underage drinking risks

Substance use risks spike significantly during the summer months due to unstructured free time, fewer academic responsibilities, and increased social gatherings. During this seasonal gap, unsupervised parties and relaxed schedules intensify peer pressure, making it much harder for teens to resist the urge to fit in when isolated from their usual school routines.

3

## Modeling the message

Teens who see their parents drink heavily or use alcohol as a primary stress reliever are more likely to adopt those same behaviors. You can model a healthy relationship with alcohol by practicing moderation, never driving after drinking, and demonstrating healthy ways to cope with stress without relying on a substance.



Every day, more than 11,000 kids will try alcohol for the first time during the months of June and July



NATIONAL HELPLINE  
FOR PARENTS  
(1-800-THE-KIDS)

## Addiction Center



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